LOVE LORE

MANUAL FOR LOVING

ERIKA GITTINGER

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Cover and interior design: Erika Gittinger

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by Maria Erika Gittinger

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MARIA ERIKA GITTINGER

LOVE LORE • Manual For Loving

HEART LORE & SOUL LORE

• LOVE LORE trilogy •

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‘At every moment,
Love's voice talks to us from left
and from right. All we have to do
is to know how to listen.’
Rumi

‘When you
eventually see through
the veils to how things really
are, you will keep saying again
and again, this is certainly not
like we thought it was.’
Rumi

LOVE

LIFE'S SWEET MYSTERY

Love
is innate.
Love is natural.
We were born to love.
We were programmed to love.
After our birth everything changes.
Our loving or unloving parents and world
create the foundation of our health, loving
or unloving self shaping our future life,
happiness and world.
As we grow up we are conditioned
• through cult-ure, religion, education... •
to search for a love outside of us.
We are made to believe that only this
external love will make us complete
and fill our inner emptiness.

The ancient Greeks thought us fancy
named love types and refined sentiments,
privilege of the civilized world, unknown
to the barbarians or primitive people.

The barbarian, primitive and uncivilized
people — who live in tune with nature —
lacking culture and morals have sex
as naturally as food and drink.
The privilege of our civilized stress,
anxiety and suffering is also unknown
to the tribal communities.

We are all Love Fools.
Love is what we all want in life.
When we feel love or when we are
loved we feel balanced, connected,
grounded, joyful and truly happy.

We are Love.
Love is our natural state.
Disconnected from pure love, nature,
our self and life we begin to search for love.
In reality we are searching for our selves.

What happened to Love?
Is it real, fiction or an illusion?
Were we fooled about Love?

LOVE FICTION
Illusions for Sale through Delusion
Distortion of Reality: Love, Lust, & Desires
God-given Gifts turned into Man-made Sins
Disconnection from Nature, Self & Life
Conditions & Disempowerment

RECONNECTION
Follow me on this journey of
discovering and demystifying love,
self-love, wellness, science, lovelessness,
seeking, falling in love, lust, romance, false
love, lovesickness, addiction, relationships,
legal love, marriage, desire and passion.

LOVE LORE is a trilogy.
LOVE LORE Manual for Loving
HEART LORE • Manual for Health
• Heart Health, Connection, Power •
SOUL LORE • Manuel for Self
• Self & Soul Searching •

M. Erika Gittinger
2025